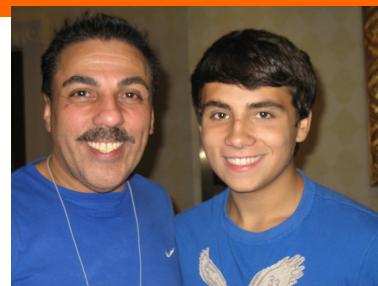


Fall II Newsletter (Conference Edition)



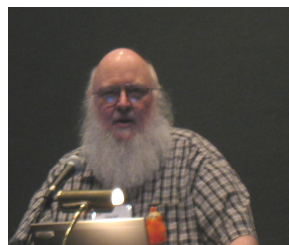
George Burgess, consultant, and son at Alternatives 2011.

Alternatives 2011

Visit a Blog on Alternatives at:
peersnet.org/alternatives2011

Alternatives 2011 opened up with some great speakers; Joseph Rogers welcomed us to the conference. David Sofferin of Florida spoke about the deficit in Florida's economy and the use of peer support in Florida to fill service gaps. There are two types of peer specialists: forensic and recovery specialists. Peter

Lehman spoke about the "user-survivor movement" in Germany. He expressed concern about suicide in people taking antipsychotic medications. **Pam Hyde** followed with lots of data about mental health. She expressed that behavioral health dollars will total **\$47 trillion** in spending over the



Above Joseph Rogers of the Consumer Self Help Clearinghouse and Below



next 20 years. Mental Health is in the top 5 in cost.

-by Carol

December 2011

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People in Recovery Summit on IT

The **People in Recovery Summit on Health Information Technology** was designed to educate people on de-

velopments in information technology and grew into an interactive dialogue of impressions and concerns. There are

several websites that I will list that one could explore to learn more about IT technology. (See page 4)

-by Carol



Dr. Westly Clark of CSAT at the People in Recovery Summit on IT

What is it about having a healthy weight?

People that weigh more are at higher risk for heart disease, high blood pressure, gallbladder disease, sleep apnea, and some cancers. A person can find out if they have a healthy weight by measuring their **body mass index or BMI**. Many health fairs offer this or you could talk to your physician about measuring your BMI.

Waist Circumference is also an important factor in measuring risk for diabetes or heart disease (over 35 inches in women or over 40 inches in men).

Two risk factors that put you at high risk include a high waist circumference and being overweight (measured by BMI).

(Tips from Alternatives)



TIPS for Healthy Eating



Sometimes people think that healthy eating means eating enough, but what I will discuss is eating decisions that make nutritional sense. People that are having serious challenges may want to consult with a dietician.

Eating out is a challenge for folks, because the portions are often more than you would typically eat. It's a good idea to eat half your meal if you are served two cups of pasta at your favorite Italian place and save the rest for later.

Whenever possible include fiber. Bread can be found with as much as 5 grams of

fiber per serving, but you have to read the labels. When you splurge for pizza, try the whole wheat crust. Many fruits and vegetables offer great sources of fiber.

Eat lean meats, poultry, fish, eggs, beans, and nuts for protein.

Fat-free milk is recommended by most doctors today, but if you don't like the taste try out 1% milk as a compromise.

When trying to cut calories, look at replacing fatty foods, like fast food, and simple sugars like candy with fruits, carrots sticks, snap peas, popcorn, or high

fiber chips.

Try using canola oil for cooking versus butter or margarine.

By Carol

Websites that assist you in tracking diet and fitness goals:

choosemyplate.gov

sparkpeople.com

myfitnesspal.com

Increasing Your Physical Activity

It's not easy to exercise daily, unless you have a plan. Sometimes it could be as simple as **parking your car farther** from the door at stores or walking a mile to the next bus stop. I often take the stairs at work instead of the elevator or walk to meetings within walking distance. It's great to have an exercise group

that just walks with you, the socialization can be very motivating.

Most YMCA and YWCA's offer special rates for people with disability income or low income. They often offer swimming, basketball courts, yoga, spin classes, and other fun activities.

By Carol



High Cholesterol and Foods

Certain foods contain high cholesterol—fatty meats, butter, cheese, whole milk dairy products, egg yolks, certain types of fish and shellfish, organ meats, poultry, and solid fats.

Foods that promote

healthy cholesterol levels are fruits and vegetables, whole grains and grain products, beans and peas, fat-free and low-fat milk, lean meats and poultry without skin, salmon, nut and seeds in limited

quantities.

(American Heart Association, 2007).



Metabolic Syndrome

Metabolic Syndrome affects about 20-25% of American adults. It is a condition that places people at higher risk for diseases that build up fatty deposits on artery walls, like coronary heart disease.

Risk factors include being overweight, having insulin resistance, being physically inactive, and genetic influences. Doctors can determine your risk by looking at waist circumference, fasting triglycerides, cholesterol,

blood pressure, and fasting glucose. (American Heart Association, 2007).

Websites to Learn More about Health Information Technology

**ONC– Office of the
National Coordinator:**
healthit.hhs.gov

Health Level 7
hl7.org

ACHess
[niatx.net/Content/
ContentPage.aspx?NID=164](http://niatx.net/Content/ContentPage.aspx?NID=164)

**Open Behavioral Health
Information Technology
Architecture** portal (must
request access online)
OBHITA.org

GIS
[esri.com/what-is-gis/
index.html](http://esri.com/what-is-gis/index.html)

POPHealth
projectpophealth.org/

Microsoft Health Vault
[microsoft.com/en-us/
healthvault/](http://microsoft.com/en-us/healthvault/)

LIFE:Wire
lifewire.ca/



Paul Cumming with Network of Care
at People in Recovery Summit on IT

IC & RC Conference by Dan Powers

I attended The International Certification and Reciprocity Consortium (IC & RC) Conference in Orlando, Florida Oct 28 & 29, 2011. It is an international credentialing organization which establishes standards and facilitates reciprocity of addiction-related professionals. Over 44,000 professionals in 44 states, the District of

Columbia, two U.S. Territories, 22 Countries and six Native American territories are members. It recently held its 30th anniversary meeting in Orlando, Florida. At the meeting the IC & RC approved a Peer Recovery Credential. The credential is based on *proficiency in four domains*:

- **Advocacy**

- **Mentoring/Education**
- **Recovery Support**
- **Ethical Responsibility**

The credential requires a high school education and 46 hours specific to the domains as well as signing a code of ethics. A level II credential requires 100 hour of supervised practical experience.

42 CFR Part 2

42 CFR Part 2 is a rule about confidentiality of substance abuse records that is even stronger than HIPAA. It is stronger, because it requires a person's consent to even disclose health records to another physician, unless

an emergency is at hand. It also outlines criminal penalties for violating the ruling, so the individual decides exactly who can see their records of identity, diagnosis, prognosis, or treatment. (42 CFR Part 2)



HIPAA



HIPAA is the Health Insurance Portability and Accountability Act. It sets rules and limits for disclosure of your health information. It allows disclosure of records to other health professionals and health insurance carriers. Organizations that are not covered by HIPAA include: life insurers, employers, workers

compensation carriers, many schools, state agencies (like child protective services), many law enforcement agencies, and many municipal offices. The information that is protected includes: information put in your record, conversations your doctor has, information about you in your health insurer's record, bill-

ing information about you at the clinic, and most other health information. The entities covered include health plans, healthcare providers, and health clearinghouses. HIPAA excludes family and friends from gaining access to your health information, but does not limit health professionals as much as 42-CFR Part 2. (SAMHSA, 2011)

Statewide Quality Improvement Team (SQIT): Join us!

I enjoy SQIT and I am writing to tell you more about it so you can join us. The information is interesting that you get from it. You will find the meeting informative. If I have any trouble with the information, the people are more than

To find out more information on SQIT—call the Office of Consumer Affairs: 402-471-7853!

willing to take the time to explain it to me. I've been able to put my input in and I am listened to and taken

seriously. As consumers, we have a right to be included. It is important to attend and ask questions. Consider joining the SQIT team to learn about it and participate. *You never know where your input will make a **change!***
- by Kathleen Hanson

Domestic Violence by Dan Powers

A session at the 2011 Nebraska Housing and Homelessness Conference explored the relationship between domestic violence and homelessness. Domestic violence includes physical violence, stalking, coercion psychological attacks and abuse. Sexual assault includes forced manipulated or coerced sexual contact. 1 in 4 women and 1 in 33

men will be sexually assaulted at least once in their lifetime. The most common question asked is why do people stay in the same home after domestic violence. The answer is that people stay for the same reason why all people stay in a relationship: love, children, hope, cultural/religious beliefs. Studies have shown that over 50% of women receiving wel-

fare have experienced physical abuse by a partner. People with disabilities are at a higher risk for violence. There are 24 crisis lines throughout Nebraska. National Domestic Violence Hotline 1-800-799-7233; National Sexual Assault Hotline 1-800-656-4673 or the National Teen Dating Abuse Helpline 1-866-331-9475

I met people that work at this website and they accept articles from people on behavioral health topics: psychcentral.com/



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Lincoln, NE 68509

Phone: 402-471-7853
Fax: 402-471-7859
carol.coussonsdereyes@nebraska.gov

JANUARY 23-27

Peer Support & Wellness Specialist Training in Kearney
For Application Email:
barbborn@nebraska.gov

JANUARY 10– 11AM

Webinar: Basic Job Skills
For info email:
barbborn@nebraska.gov

JANUARY 11– 11AM

Webinar: Financial Literacy
For info email:
barbborn@nebraska.gov

Peer Support & Wellness Specialist Quiz in 2012:
Kearney– FEBRUARY 29
Lincoln– MARCH 14 & APRIL 5
Omaha– MARCH 1 & 22
For info email:
barbborn@nebraska.gov

May 21-23

STATEWIDE BH CONFERENCE:
Success, Hopes, and Dreams
nebraskastateconference.org

PATTERNS

To dance again...

Tap shoes setting on the wooden door that serves as a table.
Red porcelain ballet slippers hang between windows.

To tap my feet, my feet.
To flick, stretch and flit.
My legs leaping; my arms swinging;
My torso undulating.

Feelings of laziness; of loneliness.
Indeed a low level.
The basement of love—

A vision of trajectories...

I COLLAPSE. I SPIRAL DOWNWARD.
Feet brush against the cement floor;
A kinesthetic sense of immobility; of paralysis.
I want to tendu; stretch my feet and Pointe my toes on wooden floors.

Movements are reeling through my head...

I want to hold the barre:
To frappe', to feel my feet beat quickly;
To releve'—I raise to my toes as my calves bulge.
My knees and ankles hold me!!
To pique'; step left, step right, step left and rise
To an arabesque! One two three and four'.
The rhythms. I hear the rhythms.

To execute a Grande' Battement; a muscular leg breathes and rises
To its highest Pointe—
A point of the foot signifies its completion.
She's Centered. She's Balanced.

polka, waltz, jitter and jig.
I swing and I sway.
I walk a jazz walk.
I chasse' and I plie'.
I contract.
I lunge, glide and slide across the floor.
I swirl and twirl like the whirling dervishes.
A three step turn again and again.
The rhythms, oh the rhythms.
I feel the rhythms as I move; as I dance again!!

To rise higher; to elevate above this lowly state.
To sever that bond—the shadowing spirit.

Climbing the winding stairs to the end of the hall,
She walks—her door: taped to the entrance are pictures of dancers abundant.
A poster of multi-colored circles—a reminder of the Laura Dean Concert.

Written by Vicki J. Grossenbacher